



Eat Healthy. Stay Well.

Women, Infants and Children



Approved Food List

**Effective May 1, 2016
to September 30, 2017**

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Important:

- Participants can purchase only food items as printed on the WIC check.
- Some products in this booklet may not be available at all WIC authorized stores.



Frequently Asked Questions

- Q. May I use my WIC checks in another state?
A. No, Missouri WIC checks can only be used in Missouri.
- Q. What happens if my checks are lost, stolen or damaged?
A. Notify your WIC office.
- Q. Do I get change back if I don't use the full amount of my WIC check?
A. No, the stores are not allowed to give you change back for unspent money on your WIC check.
- Q. Can I change the foods listed on my check?
A. No, only your WIC office can change your food package. If you have concerns or special needs, be sure to talk to your WIC nutritionist before your checks are printed. They may be able to adjust your food package. Do not write on your checks or alter them yourself.
- Q. Who do I need to contact if I have questions about WIC foods?
A. You need to contact your WIC office.
- Q. Do I need to purchase everything listed on my WIC check?
A. No, you are not required to pick up everything listed on your check.

How to Make a WIC Purchase

Take to the Store:

1. WIC identification (ID) folder and WIC approved food list. Use the WIC approved food list as you shop.
2. WIC checks. They must be used between *First Date To Use* and *Last Date To Use* as printed on each check.

While Shopping:

1. Buy the quantity and type listed on the WIC check and refer to the WIC approved food list for a complete listing of WIC eligible foods.
2. Separate your WIC foods from other foods in your cart.

At the Register:

1. Tell the cashier you are making a WIC purchase.
2. Separate WIC food items from other food items.
3. Give WIC check to the cashier before items are scanned.
4. Separate the foods for each WIC check being purchased. Each WIC check must be redeemed separately.
5. Show the WIC ID folder to the cashier for signature verification. The cashier may request other identification.
6. The cashier will write the purchase date and the total sale amount on the WIC check.
7. The cashier verifies the signature on the WIC check with the authorized signatures on the WIC ID folder.

Milk, Goat Milk, Soymilk

Milk

- Any brand (Store brands are recommended)
- Container size and type as printed on WIC check
- Low fat/fat free (skim, ½%, 1%)
- Whole milk and 2%



Non-Fat Dry Milk

- Store brand only
- 8 quart box only



Lactose Free Milk (where available)

- Any brand
- Low fat/fat free (skim, ½%, 1%)
- Whole milk and 2%
- Half gallon container only
- Plain

Evaporated Milk

- Store brand only
- Evaporated low fat/fat free (skim, ½%, 1%)
- Evaporated whole milk
- 12 oz can only



Cultured Buttermilk

- Any brand
- Quart size only

Goat Milk (where available)

- Meyenberg brand
- Evaporated (12 oz can) (whole)
- Non-fat powdered (12 oz can)



Soymilk

- Half gallon container only
- 8th Continent, only vanilla and original plain
- Great Value, only original



Vanilla



Original
Plain



Original

Not Allowed:

- Almond milk
- Coconut milk
- Cashew milk
- Rice milk
- Filled milk
- Flavored milk
- Organic milk
- Sweetened condensed milk
- Glass bottles
- Milk substitutes
- Vitamite

Cheese

Allowed:

- Store brand only domestic, American, Cheddar (extra sharp, sharp, medium, mild), Colby, Colby Jack, Monterey Jack, Mozzarella cheeses (part skim or whole)
- Low fat/fat free cheese
- Store brand sliced American cheese only



- 8 or 16 oz block only

Not Allowed:

- Cheese additives
- Deli cheese
- Cheese food
- Cheese spread
- Cheese product
- Individually wrapped slices
- String cheese
- Grated cheese
- Flavored cheese
- Shredded cheese
- Organic cheese

Low Fat Milk

**Same great taste and nutrition,
just less fat!**

1 Cup Whole Milk =
8 Grams of Fat



1 Cup 2% Milk =
5 Grams of Fat



1 Cup 1% Milk =
2.5 Grams of Fat



1 Cup Skim Milk =
0 Grams of Fat



Yogurt

Yogurt (32 oz Container Only)



Coburn/Save-A-Lot
Lowfat
 Plain
 Vanilla



Dannon
Lowfat
 Plain
 Vanilla
Nonfat
 Plain



Dannon Light & Fit
Nonfat
 Strawberry*
 Vanilla*



Essential Everyday
Lowfat
 Peach
 Plain
 Raspberry
 Strawberry
 Strawberry Banana
 Vanilla

Fat Free
 Plain



Great Value
Lowfat
 Peach
 Strawberry
 Strawberry Banana
 Vanilla
Nonfat
 Plain
 Light Strawberry Banana*
 Light Vanilla*



HyVee
Lowfat
 Peach
 Strawberry
 Strawberry Banana
 Vanilla
Nonfat
 Plain*
 Vanilla*



Kroger
Lowfat
 Grade A Plain
 Grade A Vanilla

Nonfat
 Grade A Plain
 Grade A Lite Strawberry*



Schnucks
Lowfat
 Plain
 Strawberry
 Vanilla
Nonfat
 Plain



ShurFine
Lowfat
 Strawberry
 Vanilla
Fat Free
 Plain*



Yoplait
Lowfat
 Harvest Peach
 Strawberry
 Strawberry Banana
 Vanilla

Nonfat
 Plain



Not Allowed:

- Greek yogurts
- Organic yogurts

*contains artificial sweeteners

Yogurt comes from milk so it contains protein and other nutrients. Use it for dips or add fruit for a healthy snack.

Tofu, Eggs, Peanut Butter, Beans

Tofu

Allowed:

Azumaya Brand:

- Firm Tofu (16 oz)



NaSoya Brand:

- Silken Tofu Organic (16 oz)



Eggs

Allowed:

- Large, white, grade A or AA
- 1 dozen package only



Not Allowed:

- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Free range
- Brown eggs

Peanut Butter

Allowed:

- Smooth, creamy or regular
- Store brand only
- 16-18 oz jar only



Not Allowed:

- Crunchy peanut butter
- Low fat peanut butter
- Organic peanut butter
- Mixtures with jams, jellies, honey, marshmallows or chocolate

Canned Beans

Allowed:

- Butter beans, Fat free refried beans, Garbanzo beans, Kidney beans, Navy beans, Pinto beans and Red beans
- Bush's Best brand only
- 16 oz can only
- Low/Reduced sodium



Dry Beans, Peas & Lentils

Allowed:

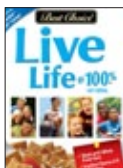
- Any variety of plain, mature dry beans, peas or lentils
- Store brand only
- 16 oz package only

Not Allowed:

- Organic products
- Additives such as ham
- Seasonings or flavors

Cold Cereals

Always Save (bag/box)



Clear Value (box/bag)



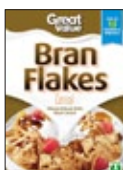
Dierbergs




Essential Everyday



Great Value



WIC cereals help you get the vitamins and minerals you need. Whole grain  is the best way to start your day.

Cold Cereals

Great Value



Hy-Top



HyVee



IGA



Kiggins/Save A Lot



Whole Grain Cereal

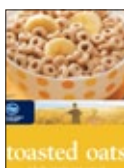
Cereals make great snacks! Offer a variety of cereals and encourage your child to create his or her snack.

Cold Cereals

Kroger



Ralston (box/bag)



Schnucks



Shurfine



Cold Cereals (only 12 oz to 36 oz size)

Cold Cereals (only 12 oz to 36 oz size)

Hot Cereals

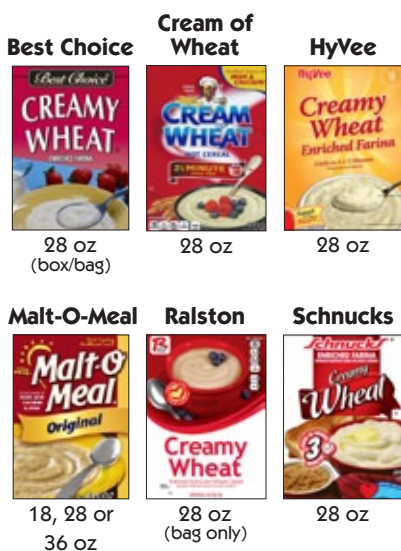


Instant Oatmeal

11.8 - 12 oz (12 packets/box)

 Whole Grain

Hot Cereals



Hot Wheat Cereal

Cream of Rice
(gluten free)



14 oz

Hot Rice Cereal

Essential Everyday



14 oz

Grits

Hot Cereals

Missouri WIC Approved Cereals and Sizes

- Approved Sizes: 11.8/12 oz to 36 oz sizes in boxes/bags of approved brands and varieties
- Mix and match types and sizes, up to the total ounces listed on the check
- Buy only approved brands and sizes, including cold and/or hot cereals

Whole Wheat/Whole Grain

16 oz Only



Best Choice
100% Whole
Wheat



Bunny
100% Whole
Wheat



Dillons
100% Whole Wheat
Roundtop



**Essential
Everyday**
100% Whole Wheat



Healthy Life
100% Whole
Grain Wheat
Sugar Free



Healthy Life
100% Whole Wheat
Whole Grain



HyVee
100% Whole
Wheat



Kroger
100% Whole
Wheat



Nature's Own
100% Whole Grain
Sugar Free



Ozark Hearth
100% Whole
Wheat



Price Chopper
100% Whole
Wheat



Sara Lee
100% Whole
Wheat



Schnucks
100% Whole
Wheat



Wonder
100% Whole
Wheat



WIC approved breads are made with 100% whole grain wheat. They are also an excellent source of dietary fiber, vitamins and minerals.

Tortillas

Whole Wheat/Whole Grain

16 oz Only



Best Choice
100% Whole
Wheat



Chi-Chi's
Whole Wheat



Don Pancho
Whole Wheat



HyVee
Whole Wheat



IGA
Whole Wheat



Kroger
Whole Wheat



La Banderita
Whole Wheat
Fajita Style



Mission
Whole Wheat



Ortega
Whole Wheat



Schnucks
Whole Wheat



Shurfine
Whole Wheat
Fajita Style



Soft Corn

16 oz Only



Best Choice
Corn



Don Pancho
White Corn



HyVee
White Corn



La Banderita
White Corn



La Burrita
Yellow Corn



Mission
Yellow Corn



Shurfine
Corn

Soft corn tortillas are a good source of fiber, B vitamins and folic acid. Enjoy soft corn tortillas for enchiladas, fajitas or tacos.

100% Whole Wheat Pasta

Whole Wheat Pasta

16 oz Only



Barilla

Angel Hair	Penne
Elbows	Rotini
Linguine	Spaghetti
Medium Shells	Thin Spaghetti



Kroger

Penne Rigate	Spaghetti
Rotini	Thin Spaghetti



Essential Everyday

Elbows	Spaghetti
Penne	Thin Spaghetti
Rotini	



Racconto

Capellini	Penne Rigate
Elbows	Rigatoni
Farfalle	Rotini
Linguine	Spaghetti



Gia Russa

Angel Hair	Roman Rigatoni
Linguine	Rotini
Medium Shells	Spaghetti
Penne Rigate	Thin Spaghetti



Ronzoni Healthy Harvest

Linguine	Spaghetti
Penne Rigate	Thin Spaghetti
Rotini	



Great Value

Spaghetti



Shurfine

Penne Rigate
Spaghetti



Hodgson Mill

Angel Hair	Spirals
Elbow Macaroni	Thin Spaghetti
Spaghetti	

Not Allowed:

- Added sugars, fats, oils or salt
- Organic

Brown Rice

Allowed:

- Whole unprocessed grain
- Store brand only
- 16 oz package only

Not Allowed:

- Instant rice
- Organic products



WIC Nutrition Tips

Go Whole Grains



- Whole grains are cereal grains that have not been processed. They help you get the fiber you need.
- Eating whole grain foods may reduce the risk of heart disease and some cancers.

Energize With Fruits and Vegetables



- Most fruits are naturally low in fat, sodium and calories.
- The folate in fruits and vegetables is important before and during pregnancy.
- Fruits and vegetables help the body fight disease and stay a healthy weight.

Power Up With Protein



- Protein can be found in both plant and animal sources. Protein-rich foods like fish, eggs, beans and peanut butter help build strong muscles.
- The unsaturated fats found in nuts, seeds and fish can help lower the risk of heart disease.

Build Bones of Steel



- Bones need calcium and vitamin D every day to grow and stay strong.
- Low fat and fat free milk and cheese help build strong bones and teeth.

100% Juice - For Women

For Women Only

11.5 - 12 oz Frozen Concentrate



Always Save

Apple
Orange



Best Choice

Apple
Orange



Clear Value

Orange



Crisp

Orange



Essential Everyday

Apple
Grape
Orange



Great Value

Apple
Grape
Orange



Hy-Top

Apple
Orange



HyVee

Apple
Orange



IGA

Apple
Orange



Kroger

Apple
Grape
Orange



Midwest Country Fare

Orange



Old Orchard

Apple Cherry
Apple Cranberry
Apple
Apple Kiwi Strawberry
Apple Passion Mango
Apple Raspberry
Apple Strawberry
Banana
Berry Blend
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Blend
Cranberry Pomegranate
Cranberry Raspberry
Grape
Orange
Pineapple Orange
Pineapple Orange
Banana
White Grape



Shurfine

Apple
Orange



Tipton Grove

Apple
Orange



Valu Time

Orange

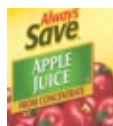
Orange Juice Allowed:

- Any frozen orange juices in the approved brands
- Orange juice with pulp, without pulp, country style, fortified with calcium and/or vitamin D, etc.

100% Juice - For Children

For Children Only

64 oz Plastic Bottle



Always Save

Apple
Grape



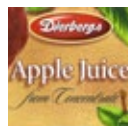
Best Choice

Apple
Grape
Tomato
Vegetable
White Grape



Diane's Garden

Vegetable



Dierbergs

Apple



Essential Everyday

Apple
Grape
Tomato
Tomato LS ❤️
Vegetable
Vegetable LS ❤️
White Grape



Great Value

Apple
Grape
Tomato
Vegetable
White Grape



Hy-Top

Apple
Grape
Tomato
Vegetable
White Grape



Hy-Vee

Apple
Grape
Tomato
Vegetable
White Grape



IGA

Apple
Grape
Tomato
Vegetable
White Grape



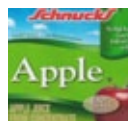
Kroger

Apple
Grape
Vegetable
Vegetable LS ❤️
White Grape



Old Orchard

Apple
Grape
White Grape



Schnucks

Apple
Grape
Tomato
Vegetable
White Grape



Shurfine

Apple
Grape
Tomato
Vegetable
White Grape



Tipton Grove

Apple
Grape

❤️ LS = Low Sodium



Shopper's Value
Orange Juice



Orange Juice Allowed:

- Any of the approved brand orange juices in 64 fl oz (half gallon) containers
- Refrigerated or non-refrigerated

Fruits

Fresh Fruits

Allowed:

- Any variety of fresh whole, halved, quartered, sliced or cut fruit without added sugars*
- Fruits packed in juice
- Organic



Not Allowed:

- Fresh fruits with added sugars* or caramel
- Buffet or deli containers or party trays of fruits
- Fruit baskets
- Dried fruit or fruit roll ups
- Fruits for purchase on salad bars
- Nuts (e.g., peanuts) or fruit-nut mixtures
- Baked goods with fruits (e.g., blueberry muffins, fruit and pumpkin pies)
- Ornamental or decorative fruits
- Individual deli servings

Frozen Fruits

Allowed:

- Any brand, type and package size
- Any plain fruit or plain fruit mixtures
- Any fruit with fruit juice, artificial sweeteners or water
- Organic



Not Allowed:

- Frozen fruit with added sugars*

Create a Rainbow on your plate!

- Colorful fruits and vegetables are packed with important vitamins and minerals.
- Eating a variety of colors gives you more health benefits.
- Half your plate should be filled with vegetables and fruits.



Source: National WIC Association 2016 WIC Calendar

*Added sugars include: corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey and maple syrup

Fresh Vegetables

Allowed:

- Any variety of fresh whole, halved, quartered, sliced or cut vegetables, without added sugars, * fats or oils
- Bagged lettuce, head lettuce and salad greens without flavorings, dressing or croutons
- Any potatoes
- Fresh garlic and fresh ginger
- Organic



Not Allowed:

- Buffet containers or party trays of vegetables
- Vegetable baskets
- Bagged lettuce or salad greens with salad dressings, cheese, croutons or other added ingredients
- Individual salads or deli servings
- Creamed, sauced or breaded vegetables
- Vegetable-grain (pasta or rice) mixtures
- Vegetables for purchase on salad bars
- Ornamental or decorative vegetables (e.g., chili peppers on a string, garlic on a string, gourds, pumpkins and Indian corn)
- Fresh, powdered, dried or pickled herbs or spices primarily used as flavoring

Frozen Vegetables

Allowed:

- Any brand, type and package size
- Any kind of beans and peas (e.g., green beans, green peas, snap peas, black-eyed peas and/or soybeans)
- Regular or lower-in-sodium frozen vegetables
- Any plain frozen vegetable, frozen steamed vegetable or plain frozen vegetable mixtures without any added ingredients, seasonings or oils
- Organic



Not Allowed:

- Added sugars, * fats or oils
- Seasoned, flavored or breaded vegetables
- Vegetables with sauces (e.g., gravy, cheese sauce and/or butter), pasta, noodles, rice or any other ingredients including meat, poultry or fish
- Any French fries, tator tots, potato rounds, diced potatoes, shredded hash browns or hash brown patties with added fats/oils, seasonings or sugars*

Shopping Tips

Fresh Fruit and Vegetable Shopping Tips

- Check ad specials (online, store fliers, etc.)
- Compare prices.
- Buy fresh fruits and vegetables in season.

When choosing fresh fruits and vegetables that are priced by the pound, complete the following steps.

1. Place the item on the grocery scale.
2. Round up the weight to the nearest pound or half pound.
3. Estimate the cost of the item based on the chart below.
4. Write the item and price on your shopping list.



Find the price per pound in the left hand column. Read across the chart to find how many pounds you are buying and the cost of the fresh fruit or vegetable.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	7.73	9.27	10.82	12.36	13.91
3.19	3.19	4.79	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

Fruit and Vegetable Checks

How to Use Fruit and Vegetable Checks

1. Use fruit and vegetable checks at WIC approved stores only.
2. Purchase only approved fresh and frozen fruits and vegetables.
3. The fruit and vegetable check has a maximum dollar amount printed on it. If you have fruits and vegetables that exceed the dollar amount on the check, you can pay the difference using:
 - Cash, check, credit/debit card or SNAP EBT card.
 - More than one fruit and vegetable check for one purchase. (Some stores may only be able to allow one fruit and vegetable check for one purchase.)

For example, your fruit and vegetable check has a value of \$11 and the cost of the fruits and vegetables is \$13. You may either remove \$2 worth of fruits and vegetables from your purchase or you may pay the extra \$2 with one of the methods listed above.

4. Tax will be applied to the difference if you pay with cash, check or credit/debit card.
5. If your fruit and vegetable purchase does not add up to the maximum amount printed on the check, you will not receive change back.



You can now buy fruits and vegetables using your WIC checks, along with cash, check, credit or debit card, or SNAP EBT.

Infant Cereals

Allowed:

- Plain only
- Dry only
- 8 or 16 oz container only

Not Allowed:

- Organic products
- Added DHA/ARA
- Added dried fruits/nuts, yogurt and/or cinnamon



Beech-Nut
(8 oz only)

Oatmeal
Rice
Multigrain



Gerber
(8 or 16 oz only)

Oatmeal
Rice
Whole Wheat
Multigrain

Infant Fruits and Vegetables

Allowed:

- 4 oz container or 2 pack of 4 oz containers as printed on WIC check
- Any stage
- Any fruit or mixed fruit
- Any mixed fruit and vegetable
- Any vegetable or mixed vegetable

Not Allowed:

- Organic products
- Added DHA/ARA
- Added sugar, salt or flour
- Added rice, grains or cereal
- Added seasoning or cinnamon
- Mixed fruit, pasta and/or meat combination
- Mixed vegetable, pasta and/or meat combination
- Dinners or added meats



Beech-Nut



Gerber
2 pack



Tippy Toes

Fresh Fruits and/or Vegetables

Fresh fruits and/or vegetables are allowed for infants only when printed on WIC checks.



Always feed infant foods from a spoon.

Infant Formula

- Quantity, brand, type and size as printed on WIC check

For Breastfeeding Infants

Infant Meats

Allowed:

- 2.5 oz container only

Not Allowed:

- Organic products
- Added DHA/ARA
- Meat and vegetable combination
- Meat and fruit combination
- Dinners



Beech-Nut



Gerber



Tippy Toes

Infant food meats are an extra benefit for fully breastfed infants.

For Fully Breastfeeding Mothers

Canned Fish

Light Tuna (5 oz)

Allowed:

- Any brand
- Water packed only
- Chunk, solid or grated
- Low sodium

Not Allowed:

- White or albacore tuna
- Added flavoring, seasonings or sauce
- Foil pouches
- Individual serving containers
- 4 packs/multiple packs



Canned Salmon (5 oz)

Allowed:

- Any brand
- Pink salmon only
- Water packed only

Not Allowed:

- Smoked & foil pouches
- Red, Sockeye or Wild Alaska Pink Salmon
- Added flavoring, seasonings or sauce
- 4 packs/multiple packs



Sardines (3.75 oz)

Allowed:

- Any brand
- Water packed
- Tomato sauce or mustard sauce

Not Allowed:

- Hot sauce, hot green chillies
- Smoked
- Basil
- Foil pouches
- Individual serving containers

MOOove to 1% Milk and/or Skim Milk!

- Skim milk has no fat.
- 1% milk is the next healthiest choice. It has only 30% of the fat in whole milk and still has the same flavor. It's a good step on your way to skim milk.
- 1% and skim milk have more calcium and are the healthiest choices for everyone over the age of 2 years.



Milk Comparison (1 cup/8 oz)	Whole Milk (3.25%)	Reduced Fat Milk (2%)	Low Fat Milk (1%)	Skim Milk
Calories	149	122	102	83
Total Fat (gm)	8	5	2.5	0
Saturated Fat (gm)	4.5	3	1.5	0
Protein (gm)	8	8	8	8
Calcium (mg)	276	293	305	299
Vitamin D (IU)	124	120	117	115

Reference: National Nutrient Database for Standard Reference Release 26



**Missouri Department of Health and Senior Services
WIC and Nutrition Services**

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